

JERSEY TASTES! ACTIVITY SHEETS

Spectacular Spinach



check out the activity video:
Where does
spinach grow?

NUTRITION FACTS:

Spinach is a rich source of vitamin K which strengthens your bones. and high in Vitamin A which is good for growth of body tissues, hair and skin.

RECIPES:



Breakfast:

- Cheesy Spinach Squares
 - Jersey Tastes! Cooking Series
 <u>Cheesy Spinach Squares</u>
- Blu Nana Spinach Smoothie

Lunch:

- <u>Spinach Blueberry & Strawberry Salad</u>
- Grilled Cheese Spinach & Peaches
 Sandwich

Click here for recipe video!

ALL ABOUT NEW JERSEY!

Spinach is a cool season crop; it grows in the spring and fall in New Jersey-April- June and September-November.

HOW DOES IT GROW:

Spinach likes to be directly seeded into the ground and it grows into a leafy green which is the part of the plant we eat. Spinach loves the cooler weather and if it lives through a frost the legend is that it actually becomes sweeter! Here are some tips on growing spinach.

ACTIVITIES:



Preschool

• Grow it, Try it, Like It! Spinach Lane
Preschool Fun with Fruits and Veggies

K - 2nd:

- Curriculum Guide for Sylvia's Spinach
 - 。 Video <u>Reading Sylvia's Spinach</u>

Upper Elementary:

• FoodCorps - <u>Salad Dressing Challenge</u>

Middle School:

• Spinach DNA Extraction

High School:

• Floating Spinach: Investigating Photosynthesis

FUN FACTS:

Popeye, a cartoon, was introduced in 1929 and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day - that was the message he delivered in each cartoon, for many years, spinach was the third most popular children's food after turkey & ice cream.

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